



**Richard Salter Storrs Library**  
693 Longmeadow Street  
Longmeadow, MA 01106  
(413) 565-4181

### Library Hours

Monday–Thursday 9–8  
Friday 9–5  
Saturday 9–4

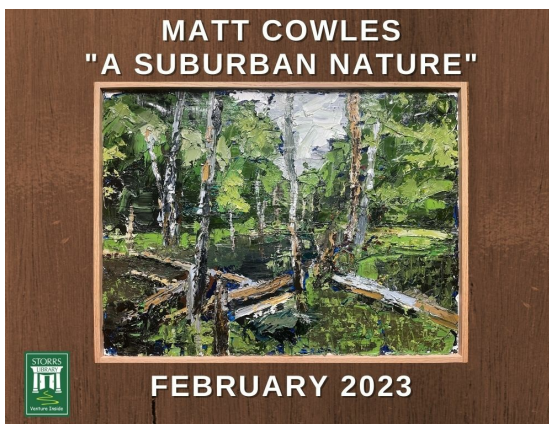
## What's Happening in Adult Next Week at Storrs Library

Dates: February 26–March 4, 2023

### Art Exhibit

#### Matt Cowles – A Suburban Nature

Wednesday, February 1 – Tuesday, February 28



Visit Storrs Library to view an exhibit by Matt Cowles in the Betty Ann Low Meeting Room. Please visit anytime the room is not in use.

### Community Bag Program



For the month of February, Richard Salter Storrs Library will receive a \$1 donation from each purchase of the \$2.50 reusable Community Bag at the Stop & Shop store located at 54 Hazard Avenue, Enfield CT.

### Community Donation Drive

#### Boston Bruins PJ Drive

Wednesday, February 15 – Wednesday, March 15

Storrs library is collecting PJ's for Cradles to Crayons®, the Boston Bruins, Massachusetts Board of Library Commissioners, and Wonderfund, who are coming together with organizations in your community to collect new pajamas for local



children living in low-income and homeless situations. By supporting us with a PJ Drive, you will directly supply new pajamas to the children who need them most so they can stay warm for a good night's sleep. Bring brand new pajamas to Storrs Library front lobby from February 15th - March 15th.

## Adult Programs

### Tech Tuesdays

Tuesday, February 28, 9:00-12:00

**TECH**  
Tuesdays  
**9-12**



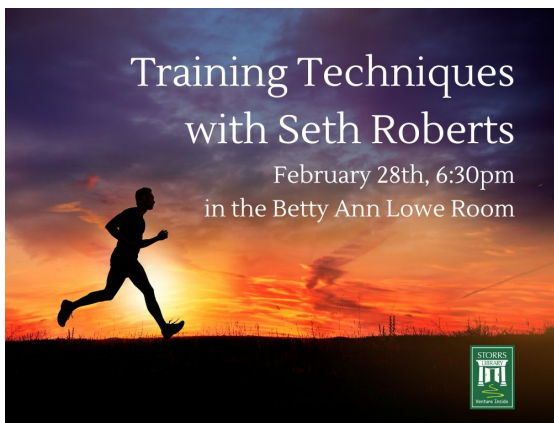
Tech Tuesdays is Back!

Need help with your device? Bring it to the Library for assistance! Having trouble with email? Come to the Library to get help! Want to learn about the Library's digital offerings? Drop in every Tuesday, 9-12!

Remember to bring your device, your library card and any passwords you may need to access your accounts.

### Training Techniques with Seth Roberts

Tuesday, February 28, 6:30-7:30



Seth Roberts, author of "If I Can Do It, You Can: A Training Manual for Runners" has run 75 marathons and 50 ultra marathons, including twelve 100-mile races. During his discussion, Seth will offer training suggestions for runners who have time goals, finishing goals, and possibly no goals whatsoever, but are passionate and curious about running.

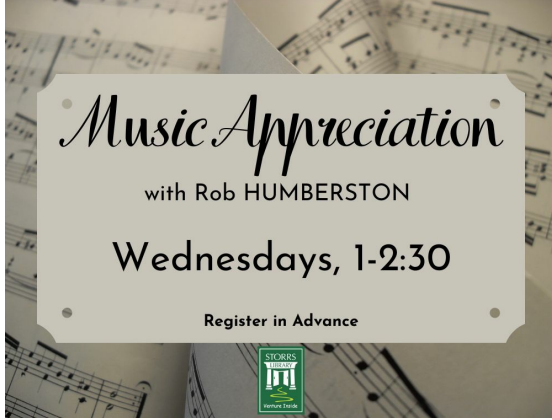
Please register in advance.

[Read More/Register](#)

### Music Appreciation with Rob HUMBERSTON

Wednesday, March 1, 1:00-2:30

Rob HUMBERSTON will guide us on a tour through the history of music to appreciate works from Baroque to modern. Join us every Wednesday as we listen to beautiful



music in performances by artists and ensembles and their conductors renowned for their interpretations of these works.

Registration in advance is preferred, this program is intended for adults.

[Read More/Register](#)

## Card Making with Rise Above

Wednesday, March 1, 4:30–5:30



Did you know that less than 3% of foster youth attend college? These students face daunting challenges. Without families, they miss out on the emotional and financial support that their peers rely on. On top of their studies, many must work multiple jobs to afford school and often spend holidays alone.

Help us applaud these youth's accomplishments and support their continued hard work defying the odds by making them cards of encouragement. This is an all-ages program and all supplies will be provided. Registration is not required.

Rise Above is dedicated to providing Massachusetts children in foster care with enriching activities, opportunities, and experiences. Founded in 2009, Rise Above is a recognized 501(c)(3) nonprofit organization that responds to the growing need to give youth in foster care opportunities that will provide them with a sense of normalcy, and comfort, and build self-esteem.

## Practical Strategies For Dealing With Anxiety with Chris Rich

Wednesday, March 1, 6:30–7:30

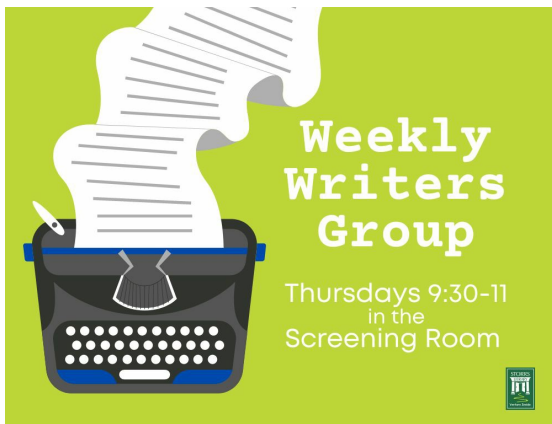
Do you or someone you love struggle with anxiety? For many of us, anxiety is an emotion we deal with on a regular basis. Come join local resident and certified life coach, Chris Rich, to learn what causes anxiety and practical strategies you can implement when it shows up in your life. You won't want to miss this.

Please register in advance.



[Read More/Register](#)

## Weekly Writers Group Thursday, March 2, 9:30-11:00



You're invited to join the Weekly Writing Group!

The Writers Group is a welcoming place to share and grow as a writer while being listened to and supported. Each week members share a page or two of their writing from that week and then join in a ten minutes writing exercise with sharing and discussion afterwards.

The Writers Group meets every Thursday at 9:30 am on the second floor of the library. This group is intended for adults.

[See Our Full Calendar Here](#)

[Visit our Website](#)

[Sign Up for Wowbrary to See What's New](#)

Let's be friends on Social Media!

